Schwinn 230 Recumbent Bike

Goal Track capability enables user to set individual exercise goals
20 levels of resistance for a wide range of workout intensity options
High speed, high inertia drive system for easy start-up and smooth, quiet workouts
DualTrack 2 LCD screen displays offer increased visibility to programs and goal tracking
22 preset workout programs: 9 profile, 8 heart rate control, 2 fitness test, 1 quick start.
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